

5 MYTHS ABOUT THE FOOD SUPPLEMENT PROGRAM (FSP) FOR PEOPLE RECEIVING WIC

MYTH 1: If I receive WIC, I cannot receive FSP (formally the Food Stamp Program, federally known as SNAP) benefits.

False. Individuals who receive WIC and meet the FSP eligibility guidelines can receive FSP benefits.

MYTH 2: After giving birth to my baby, I will keep receiving the same amount of FSP benefits.

Not necessarily. After the birth of your child, fill out a “Change Report Form” or notify your case manager at DSS of your baby’s birth. This will increase your household size and it may, in turn, also increase your FSP benefits.

MYTH 3: If I’m living with my parents while raising my child, I have to fill out a FSP application with them.

It depends. If you are under the age of 22, you and your child will have to include your parents on your FSP application. If you are over the age of 22 and purchase and prepare food separately from your parents, you and your child may file a separate FSP application.

MYTH 4: I will have to demonstrate a nutritional need in order to qualify for FSP benefits.

Wrong. Receiving FSP benefits depends on your household size, monthly income, and basic living expenses.

MYTH 5: Income guidelines are higher for FSP benefits.

Not entirely. FSP now has higher income limits, so many more families may qualify for benefits.

For questions or to fill out an application, call Maryland Hunger Solutions at 410-528-0021. Ex 24



More Information about the Food Supplement Program

Did you know?

- If you pay for childcare, you could get a bigger FSP benefit. Childcare costs include: payments for childcare services (public or private), co-pays for subsidized child care, before and after school costs, and transportation costs to and from childcare.
- FSP benefits now come in electronic form known as an EBT card, which looks and functions the same way as a debit card.
- Most grocery stores now accept FSP and WIC benefits.
- Some farmers' markets now accept FSP benefits, as well as WIC Fruit and Vegetable Checks (FVC).
- You can use FSP and WIC benefits to buy fresh fruits and vegetables.

Documents you'll need to do your application:

- Proof of identity (like a copy of your ID or Social Security card)
- Proof that you live in Maryland (like your driver's license or mail addressed to your current Maryland residence)
- Social Security number
- Proof of income (Social Security, pension, annuity, etc.)
- Proof of childcare expenses
- Proof of housing expenses
- Proof of immigration status (if applicable)
- Proof of assets